



Rachel Manber, PhD

Professor of Psychiatry and Behavioral Sciences (General Psychiatry and Psychology-Adult)

 NIH Biosketch available Online

CLINICAL OFFICES

401 Quarry Rd Rm 3337

Stanford, CA 94305

Tel (650) 498-9111 **Fax** (650) 498-4960

- **Stanford Sleep Medicine Center**

450 Broadway St

Pavilion C 2nd Fl MC 5704

Redwood City, CA 94063

Tel (650) 723-6601 **Fax** (650) 721-3465

Bio

BIO

Dr. Rachel Manber is a seasoned behavioral sleep medicine clinician and researcher. Clinically, she specializes in non-drug treatments of sleep problems in adults, youth, children, and infants.

Dr. Manber has over 30 years of experience treating patients and conducting research to improve non-pharmacological treatments of insomnia. She has lead research projects and real-life initiatives to increase patient access to cognitive behavioral therapy (CBT) for insomnia.

Dr. Manber has a special interest in the treatment of patients who have chronic long standing sleep difficulties, including those who wish to stop taking sleep medications, those with unusual sleep schedules, and those who experience their sleep difficulty in the context of other medical, sleep, or mental disorders, as well as during pregnancy, postpartum and perimenopause.

CLINICAL FOCUS

- Cognitive Behavioral Therapy for Insomnia
- Sleep difficulties in children and teens
- Circadian Rhythm Disorder
- Adjustment to CPAP
- Behavioral Sleep Medicine
- Sleep Medicine

ACADEMIC APPOINTMENTS

- Professor - University Medical Line, Psychiatry and Behavioral Sciences

- Member, Wu Tsai Neurosciences Institute

ADMINISTRATIVE APPOINTMENTS

- Center for Sleep and Circadian Science, Psychiatry and Behavioral Sciences, Stanford University, (2022- present)
- Associate Chair for Clinical Research, Psychiatry & Behavioral Sciences, Stanford University, (2019- present)

HONORS AND AWARDS

- Deputy Editor in Chief of the Journal SLEEP, Sleep Research Society

PROFESSIONAL EDUCATION

- PhD, University of Arizona , Clinical Psychology (1993)
- Internship: University of Washington School of Medicine (1993) WA
- Board Certification: Sleep Medicine, American Board of Sleep Medicine
- Diplomate of, Behavioral Sleep Medicine (2019)

COMMUNITY AND INTERNATIONAL WORK

- Dissemination of CBT for Insomnia

LINKS

- Stanford Sleep Health and Insomnia Program: <http://insomnia.stanford.edu/>
- The RESTING Insomnia Study: <https://med.stanford.edu/insomnia/RESTINGMainPage.html>
- The Apnea and Insomnia Research (AIR) Study: <https://med.stanford.edu/insomnia/AIRStudyMainPage.html>
- New Book: <http://www.guilford.com/books/Treatment-Plans-and-Interventions-for-Insomnia/Manber-Carney/9781462520084promo=2E>
- Insomnia Pregnancy Study: <http://med.stanford.edu/pregnancysleepstudy/>
- Depression and insomnia study: <http://triadstudy.stanford.edu/>
- About insomnia: <http://knol.google.com/k/insomnia#>

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Recent and current projects include

Treatment of insomnia during pregnancy

Treatment of insomnia comorbid with sleep apnea

Use of digital interventions for insomnia among middle age and older adults

Mobile intervention for insomnia among those with alcohol use

CLINICAL TRIALS

- Stanford Center for Back Pain, Recruiting
- Acupuncture and Massage for Depression During Pregnancy, Not Recruiting
- Acupuncture for Sleep Disruption in Cancer Survivors, Not Recruiting
- Combining Antidepressant Medication and Psychotherapy for Insomnia to Improve Depression Outcome, Not Recruiting
- The RESTING Insomnia Study: Randomized Controlled Study on Effectiveness of Stepped-Care Sleep Therapy, Not Recruiting
- Treatment for Insomnia During Pregnancy, Not Recruiting
- Treatments for Insomnia: Mediators, Moderators and Quality of Life, Not Recruiting

- TRIAD - Treatment of Insomnia and Depression, Not Recruiting

Teaching

STANFORD ADVISEES

Postdoctoral Faculty Sponsor

Niki Gumport

Doctoral Dissertation Reader (NonAC)

Maia ten Brink

Postdoctoral Research Mentor

Jorge Ballesteros, Stephanie Claudatos, Mandy Zenda

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Psychiatry and Behavioral Science (Fellowship Program)

Publications

PUBLICATIONS

- **Sleep and affect: A conceptual review.** *Sleep medicine reviews*
Ten Brink, M., Dietch, J. R., Tutek, J., Suh, S. A., Gross, J. J., Manber, R.
2022; 65: 101670
- **RCT of the effectiveness of stepped-care sleep therapy in general practice: The RESTING study protocol.** *Contemporary clinical trials*
Manber, R., Tully, I. A., Palaniappan, L., Kim, J. P., Simpson, N., Zulman, D. M., Goldhaber-Fiebert, J. D., Rangel, E., Dietch, J. R., Rosas, L. G.
2022: 106749
- **Examining Experiences of Poor Sleep During Pregnancy: A Qualitative Study to Inform the Development of a Prenatal Sleep Intervention.** *Global advances in health and medicine*
Felder, J. N., Mirchandaney, R., Harrison, J., Manber, R., Cuneo, J., Krystal, A., Epel, E., Hecht, F.
2022; 11: 2164957X221087655
- **Extending the reach of cognitive behavioral therapy for insomnia via telemedicine.** *Sleep*
Simpson, N. n., Manber, R. n.
2021; 44 (1)
- **Treating Insomnia during the COVID-19 Pandemic: Observations and Perspectives from a Behavioral Sleep Medicine Clinic.** *Behavioral sleep medicine*
Simpson, N., Manber, R.
2020: 1–3
- **Mothers' postpartum sleep disturbance is associated with the ability to sustain sensitivity toward infants.** *Sleep medicine*
King, L. S., Rangel, E., Simpson, N., Tikotzky, L., Manber, R.
2019; 65: 74–83
- **Cognitive Behavioral Therapy for Prenatal Insomnia A Randomized Controlled Trial**
Manber, R., Bei, B., Simpson, N., Asarnow, L., Rangel, E., Sit, A., Lyell, D.
LIPPINCOTT WILLIAMS & WILKINS.2019: 911–19
- **Cognitive Behavioral Therapy for Prenatal Insomnia: A Randomized Controlled Trial.** *Obstetrics and gynecology*
Manber, R., Bei, B., Simpson, N., Asarnow, L., Rangel, E., Sit, A., Lyell, D.
2019
- **Too Long, Too Short, or Too Variable? Sleep Intraindividual Variability and Its Associations With Perceived Sleep Quality and Mood in Adolescents During Naturalistically Unconstrained Sleep** *SLEEP*
Bei, B., Manber, R., Allen, N. B., Trinder, J., Wiley, J. F.

2017; 40 (2)

- **Are Patients with Childhood Onset of Insomnia and Depression More Difficult to Treat Than Are Those with Adult Onsets of These Disorders? A Report from the TRIAD Study** *JOURNAL OF CLINICAL SLEEP MEDICINE*
Edinger, J. D., Manber, R., Buysse, D. J., Krystal, A. D., Thase, M. E., Gehrman, P., Fairholme, C. P., Luther, J., Wisniewski, S., Org, N.
2017; 13 (2): 205-213
- **Objective and subjective sleep during pregnancy: links with depressive and anxiety symptoms.** *Archives of women's mental health*
Volkovich, E., Tikotzky, L., Manber, R.
2016; 19 (1): 173-181
- **Effects of Cognitive Behavioral Therapy for Insomnia on Suicidal Ideation in Veterans** *SLEEP*
Trockel, M., Karlin, B. E., Taylor, C. B., Brown, G. K., Manber, R.
2015; 38 (2): 259-265
- **Treatment Plans and Interventions for Insomnia: A Case Formulation Approach**
Manber, R., Carney, C.
Guilford Press.2015
- **A Randomized Controlled Trial of Mindfulness Meditation for Chronic Insomnia** *SLEEP*
Ong, J. C., Manber, R., Segal, Z., Xia, Y., Shapiro, S., Wyatt, J. K.
2014; 37 (9): 1553-U186
- **National Dissemination of Cognitive Behavioral Therapy for Insomnia in Veterans: Therapist- and Patient-Level Outcomes** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
Karlin, B. E., Trockel, M., Taylor, C. B., Gimeno, J., Manber, R.
2013; 81 (5): 912-917
- **Factors Associated with Clinically Significant Insomnia Among Pregnant Low-Income Latinas** *JOURNAL OF WOMENS HEALTH*
Manber, R., Steidtmann, D., Chambers, A. S., Ganger, W., Horwitz, S., Connelly, C. D.
2013; 22 (8): 694-701
- **Improving sleep with mindfulness and acceptance: A metacognitive model of insomnia** *BEHAVIOUR RESEARCH AND THERAPY*
Ong, J. C., Ulmer, C. S., Manber, R.
2012; 50 (11): 651-660
- **PATIENT TREATMENT PREFERENCE AS A PREDICTOR OF RESPONSE AND ATTRITION IN TREATMENT FOR CHRONIC DEPRESSION** *DEPRESSION AND ANXIETY*
Steidtmann, D., Manber, R., Arnow, B. A., Klein, D. N., Markowitz, J. C., Rothbaum, B. O., Thase, M. E., Kocsis, J. H.
2012; 29 (10): 896-905
- **Dissemination of CBTI to the Non-Sleep Specialist: Protocol Development and Training Issues** *JOURNAL OF CLINICAL SLEEP MEDICINE*
Manber, R., Carney, C., Edinger, J., Epstein, D., Friedman, L., Haynes, P. L., Karlin, B. E., Pigeon, W., Siebern, A. T., Trockel, M.
2012; 8 (2): 209-218
- **An e-mail delivered CBT for sleep-health program for college students: effects on sleep quality and depression symptoms.** *Journal of clinical sleep medicine*
Trockel, M., Manber, R., Chang, V., Thurston, A., Taylor, C. B.
2011; 7 (3): 276-281
- **CBT for Insomnia in Patients with High and Low Depressive Symptom Severity: Adherence and Clinical Outcomes** *JOURNAL OF CLINICAL SLEEP MEDICINE*
Manber, R., Bernert, R. A., Suh, S., Nowakowski, S., Siebern, A. T., Ong, J. C.
2011; 7 (6): 645-652
- **An E-mail Delivered CBT for Sleep-Health Program for College Students: Effects on Sleep Quality and Depression Symptoms** *JOURNAL OF CLINICAL SLEEP MEDICINE*
Trockel, M., Manber, R., Chang, V., Thurston, A., Taylor, C. B.
2011; 7 (3): 273-278
- **Maternal sleep and depressive symptoms Links with infant Negative Affectivity** *INFANT BEHAVIOR & DEVELOPMENT*

- Tikotzky, L., Chambers, A. S., Gaylor, E., Manber, R.
2010; 33 (4): 605-612
- **Acupuncture for Depression During Pregnancy A Randomized Controlled Trial** *OBSTETRICS AND GYNECOLOGY*
Manber, R., Schnyer, R. N., Lyell, D., Chambers, A. S., Caughey, A. B., Druzin, M., Carlyle, E., Celio, C., Gress, J. L., Huang, M. I., Kalista, T., Martin-Okada, R., Allen, et al
2010; 115 (3): 511-520
 - **Maternal subjective sleep quality and nighttime infant care** *JOURNAL OF REPRODUCTIVE AND INFANT PSYCHOLOGY*
Gress, J. L., Chambers, A. S., Ong, J. C., Tikotzky, L., Okada, R. L., Manber, R.
2010; 28 (4): 384-391
 - **Faster remission of chronic depression with combined psychotherapy and medication than with each therapy alone** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
Manber, R., Kraemer, H. C., Arnow, B. A., Thase, M. E., Klein, D. N., Gelenberg, A. J., Trivedi, M. H., Rush, A. J., Rothbaum, B. O., Kocsis, J. H., Keller, M. E.
2008; 76 (3): 459-467
 - **Cognitive behavioral therapy for insomnia enhances depression outcome in patients with comorbid major depressive disorder and insomnia** *SLEEP*
Manber, R., Edinger, J. D., Gress, J. L., Pedro-Salcedo, M. G., Kuo, T. F., Kalista, T.
2008; 31 (4): 489-495
 - **Depression symptoms during pregnancy** *ARCHIVES OF WOMENS MENTAL HEALTH*
Manber, R., Blasey, C., Allen, J. J.
2008; 11 (1): 43-48
 - **Characteristics of insomniacs with self-reported morning and evening chronotypes.** *Journal of clinical sleep medicine*
Ong, J. C., Huang, J. S., Kuo, T. F., Manber, R.
2007; 3 (3): 289-294
 - **Assessing insomnia severity in depression: comparison of depression rating scales and sleep diaries** *JOURNAL OF PSYCHIATRIC RESEARCH*
Manber, R., Blasey, C., Arnow, B., Markowitz, J. C., Thase, M. E., Rush, A. J., Dowling, F., Kocsis, J., Trivedi, M., Keller, M. B.
2005; 39 (5): 481-488
 - **Cognitive behavior therapy for chronic insomnia occurring within the context of medical and psychiatric disorders** *CLINICAL PSYCHOLOGY REVIEW*
Smith, M. T., Huang, M. I., Manber, R.
2005; 25 (5): 559-611
 - **Acupuncture: a promising treatment for depression during** *JOURNAL OF AFFECTIVE DISORDERS*
Manber, R., Schnyer, R. N., Allen, J. J., Rush, A. J., Blasey, C. M.
2004; 83 (1): 89-95
 - **Patients' perception of their depressive illness** *JOURNAL OF PSYCHIATRIC RESEARCH*
Manber, R., Chambers, A. S., Hitt, S. K., McGahuey, C., Delgado, P., Allen, J. J.
2003; 37 (4): 335-343
 - **Patient's therapeutic skill acquisition and response to psychotherapy, alone or in combination with medication** *PSYCHOLOGICAL MEDICINE*
Manber, R., Arnow, B., Blasey, C., Vivian, D., McCullough, J. P., Blalock, J. A., Klein, D. N., Markowitz, J. C., Riso, L. P., Rothbaum, B., Rush, A. J., Thase, M. E., Keller, et al
2003; 33 (4): 693-702
 - **ASSOCIATIONS BETWEEN ANHEDONIA AND MALADAPTIVE BELIEFS ABOUT SLEEP IN MIDDLE AGE AND OLDER ADULTS WITH INSOMNIA DISORDER**
Tully, I., Tutek, J., Gumpert, N., Simpson, N., Dietch, J., Palaniappan, L., Manber, R.
OXFORD UNIV PRESS INC.2022: A286-A287
 - **EXPLORING DIFFERENCES IN SELF-REPORT SLEEP MEASURES IN ADULTS WITH INSOMNIA WHO USE OR DO NOT USE SLEEP MEDICATION**
Tutek, J., Tully, I., Simpson, N., Manber, R.
OXFORD UNIV PRESS INC.2022: A206

- **ASSOCIATIONS OF INDIVIDUAL BEHAVIORS AND AMBIENT FACTORS IN THE SLEEP ENVIRONMENT WITH NIGHTTIME SLEEP PARAMETERS IN PREGNANT WOMEN WITH INSOMNIA**
Badon, S., Manber, R., Simpson, N.
OXFORD UNIV PRESS INC.2022: A188-A189
- **PREFERENCE FOR DIGITAL CBTI: CHANGES DUE TO THE COVID-19 PANDEMIC IN A RANDOMIZED CONTROLLED TRIAL OF CBTI FOR MIDDLE AGED AND OLDER ADULTS**
Gumport, N., Tutek, J., Simpson, N., Tully, I., Dietch, J., Zulman, D., Rosas, L., Palaniappan, L., Manber, R.
OXFORD UNIV PRESS INC.2022: A206-A207
- **PRESCRIBING PATTERNS FOR HYPNOTIC MEDICATION AMONG ADULTS SEEKING CBTI TREATMENT: A PRELIMINARY REPORT FROM THE RESTING STUDY**
Simpson, N., Kim, J., Tully, I., Dietch, J., Tutek, J., Gumport, N., Palaniappan, L., Rosas, L., Zulman, D., Manber, R.
OXFORD UNIV PRESS INC.2022: A212
- **PREDICTORS OF RESPONSE TO DIGITAL CBTI IN A RANDOMIZED CONTROLLED TRIAL OF MIDDLE AGED AND OLDER ADULTS WITH INSOMNIA**
Gumport, N., Tutek, J., Tully, I., Simpson, N., Dietch, J., Zulman, D., Rosas, L., Palaniappan, L., Manber, R.
OXFORD UNIV PRESS INC.2022: A207
- **PRE-TREATMENT OBJECTIVE SHORT SLEEP IS ASSOCIATED WITH POOR TREATMENT RESPONSE IN PATIENTS WITH INSOMNIA AND MAJOR DEPRESSION: A REPORT FROM THE TRIAD STUDY**
Edinger, J., Eldridge-Smith, E., Buysse, D., Thase, M., Krystal, A., Wisniewsk, S., Manber, R.
OXFORD UNIV PRESS INC.2022: A208
- **PRE-SLEEP AROUSAL PREDICTS SUBSEQUENT NIGHT'S REM FRONTAL THETA POWER IN A NATURALISTIC CONTEXT**
ten Brink, M., Yan, Y., Zhang, J., Manber, R., Kreibig, S., Gross, J.
OXFORD UNIV PRESS INC.2022: A117
- **THE APNEA AND INSOMNIA RESEARCH (AIR) TRIAL: AN INTERIM REPORT**
Edinger, J., Manber, R., Simmons, B., Johnson, R., Horberg, R., Depew, A., Abraibesh, A., Simpson, N., Eldridge-Smith, E., Strand, M., Espie, C., Kushida, C., Tsai, et al
OXFORD UNIV PRESS INC.2022: A207
- **LIVING ALONE AS A PREDICTOR OF SYMPTOM CHANGE DURING COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA**
Tutek, J., Gumport, N., Dietch, J., Tully, I., Simpson, N., Manber, R.
OXFORD UNIV PRESS INC.2022: A206
- **THE FIRST STEP OF A TRIAGED STEPPED-CARE DELIVERY OF CBTI: A PRELIMINARY REPORT FROM THE RESTING STUDY**
Manber, R., Kim, J., Simpson, N., Tully, I., Tutek, J., Dietch, J., Gumport, N., Rosas, L., Zulmann, D., Palaniappan, L.
OXFORD UNIV PRESS INC.2022: A203
- **Predictors of dropout in university students participating in an 8-week e-mail-based cognitive-behavioral therapy for insomnia intervention.** *Sleep & breathing = Schlaf & Atmung*
Nam, H., Chang, J., Trockel, M., Okajima, I., Yang, C., Chan, N. Y., Li, S., Suh, S.
2022
- **Active Duty Service Members, Primary Managers, and Administrators' Perspectives on a Novel Sleep Telehealth Management Platform in the US Military Healthcare System** *MILITARY MEDICINE*
Wickwire, E. M., Abdelwadoud, M., Collen, J., Edwards, H., Labra, C., Capaldi II, V. F., Williams, S. G., Manber, R., Assefa, S. Z., Drake, C. L., Albrecht, J. S., Bevan, J., Mahoney, et al
2022
- **Differentiating perinatal Insomnia Disorder and sleep disruption: A longitudinal study from pregnancy to 2 years postpartum.** *Sleep*
Quin, N., Lee, J. J., Pinnington, D. M., Newman, L., Manber, R., Bei, B.
1800
- **Moving Beyond "Leaning In"-It Is Time to Reach Out and Partner to Solve the Military Sleep Problem.** *Military medicine*
Collen, J., Capaldi, V. F., Williams, S. G., Labra, C., Assefa, S. Z., Abdelwadoud, M., Mullins, C. D., Manber, R., Mahoney, A., Bevan, J., Drake, C. L., Albrecht, J. S., Edwards, et al
1800

- **Engaging Stakeholders to Optimize Sleep Disorders' Management in the U.S. Military: A Qualitative Analysis.** *Military medicine*
Abdelwadoud, M., Collen, J., Edwards, H., Mullins, C. D., Jobe, S. L., Labra, C., Capaldi, V. F., Assefa, S. Z., Williams, S. G., Drake, C. L., Albrecht, J. S., Manber, R., Mahoney, et al
2021
- **Improving perinatal sleep via a scalable cognitive behavioural intervention: findings from a randomised controlled trial from pregnancy to 2 years postpartum.** *Psychological medicine*
Bei, B., Pinnington, D. M., Quin, N., Shen, L., Blumfield, M., Wiley, J. F., Drummond, S. P., Newman, L. K., Manber, R.
2021: 1-11
- **Improved Sleep Following a Brief Telehealth Intervention for Acute Insomnia Mediates Improvements in Depression Symptoms During the COVID-19 Pandemic**
O'Hora, K., Morehouse, A., Lopez, M., Cordero, A., Osorno, R., Manber, R., Goldstein-Piekarski, A.
ELSEVIER SCIENCE INC.2021: S240
- **AGE IS ONLY A NUMBER: TREATMENT MODALITY PREFERENCES IN A RANDOMIZED CONTROLLED TRIAL OF CBTI IN OLDER ADULTS**
Simpson, N., Tully, I., Dietch, J., Tutek, J., Manber, R.
OXFORD UNIV PRESS INC.2021: A264
- **PREDICTORS OF DROP-OUT IN UNIVERSITY STUDENTS PARTICIPATING IN AN 8-WEEK E-MAIL BASED COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA**
Nam, H., Chang, J., Manber, R., Trockel, M., Okajima, I., Yang, C., Li, S., Suh, S.
OXFORD UNIV PRESS INC.2021: A145-A146
- **IMPROVED SLEEP AFTER A BRIEF INTERVENTION FOR INSOMNIA MEDIATES IMPROVEMENTS IN DEPRESSION SYMPTOMS DURING THE COVID-19 PANDEMIC**
O'Hora, K., Lopez, M., Morehouse, A., Cordero, A., Osorno, R., Manber, R., Goldstein-Piekarski, A.
OXFORD UNIV PRESS INC.2021: A259
- **IMPROVING MATERNAL SLEEP VIA COGNITIVE BEHAVIORAL INTERVENTION: A RANDOMISED CONTROLLED TRIAL FROM PREGNANCY TO 2 YEARS POSTPARTUM**
Bei, B., Pinnington, D., Quin, N., Shen, L., Blumfield, M., Wiley, J., Drummond, S., Newman, L., Manber, R.
OXFORD UNIV PRESS INC.2021: A136
- **HISTORICAL USE OF SUBSTANCES FOR INSOMNIA IMPACTS CURRENT BELIEFS ABOUT HYPNOTIC MEDICATIONS**
Dietch, J., Simpson, N., Tutek, J., Tully, I., Rangel, E., Manber, R.
OXFORD UNIV PRESS INC.2021: A148
- **MEASURING DAYTIME SLEEPINESS IN INSOMNIA DISORDER**
Manber, R., Simpson, N., Dietch, J., Tutek, J., Tully, I.
OXFORD UNIV PRESS INC.2021: A151-A152
- **EXAMINING USE AND BELIEFS ABOUT SLEEP MEDICATIONS IN A SAMPLE OF OLDER ADULTS: THE ROLE OF HYPNOTIC DEPENDENCY**
Tully, I., Simpson, N., Dietch, J., Tutek, J., Manber, R.
OXFORD UNIV PRESS INC.2021: A142
- **THE APNEA AND INSOMNIA RESEARCH (AIR) TRIAL: AN INTERIM REPORT**
Edinger, J., Edinger, J., Manber, R.
OXFORD UNIV PRESS INC.2021: A144-A145
- **EVENING CHRONOTYPE PREDICTS SUBJECTIVE SLEEP SYMPTOM SEVERITY IN PREGNANT WOMEN WITH INSOMNIA DISORDER**
Tutek, J., Solomon, N., Dietch, J., Simpson, N., Manber, R.
OXFORD UNIV PRESS INC.2021: A151
- **CHARACTERISTICS ASSOCIATED WITH NAPPING AMONG PREGNANT WOMEN WITH INSOMNIA**
Badon, S., Dietch, J., Tutek, J., Solomon, N., Simpson, N., Manber, R.
OXFORD UNIV PRESS INC.2021: A132

- **SLEEP TIMING AND CHRONOTYPE IN MOTHERS: LONGITUDINAL CHANGES AND ASSOCIATIONS WITH WELLBEING FROM PREGNANCY TO 2 YEARS POSTPARTUM**
Verma, S., Pinnington, D., Manber, R., Bei, B.
OXFORD UNIV PRESS INC.2021: A90
- **Insomnia and cognitive arousal are important potential targets to reduce perinatal depression risk.** *Sleep*
Dietch, J. R., Manber, R.
2021
- **THE TEMPORAL RELATIONSHIP BETWEEN NEGATIVE AFFECT AND SLEEP BRUXISM IN PATIENTS WITH CHRONIC BACK PAIN**
Hettie, G., You, D. S., Ziadni, M., Kong, J., Law, C., Gross, J., Manber, R., Darnall, B. D., Mackey, S.
OXFORD UNIV PRESS INC.2021: S478
- **Individual Differences in Perceived Sleep Quality Do Not Predict Negative Affect Reactivity or Regulation.** *Biological psychology*
Zhang, J., Ten Brink, M., Kreibig, S. D., Gilam, G., Goldin, P. R., Manber, R., Mackey, S., Gross, J. J.
2021: 108149
- **Viability of an Early Sleep Intervention to Mitigate Poor Sleep and Improve Well-being in the COVID-19 Pandemic: Protocol for a Feasibility Randomized Controlled Trial.** *JMIR research protocols*
O'Hora, K. P., Osorno, R. A., Sadeghi-Bahmani, D., Lopez, M., Morehouse, A., Kim, J. P., Manber, R., Goldstein-Piekarski, A. N.
2021
- **Association between temporal summation and conditioned pain modulation in chronic low back pain: baseline results from 2 clinical trials.** *Pain reports*
Kong, J. T., You, D. S., Law, C. S., Darnall, B. D., Gross, J. J., Manber, R., Mackey, S.
2021; 6 (4): e975
- **Stress, Sleep, and Coping Self-Efficacy in Adolescents.** *Journal of youth and adolescence*
Ten Brink, M., Lee, H. Y., Manber, R., Yeager, D. S., Gross, J. J.
2020
- **CAN A SINGLE NIGHT'S SLEEP ARCHITECTURE PREDICT NEXT-DAY AFFECT AND AFFECT REGULATION?**
Ten, B. M., Zhang, J., Manber, R., Kreibig, S., Gross, J. J.
OXFORD UNIV PRESS INC.2020: A97–A98
- **AGE AND EDUCATION LEVEL ARE ASSOCIATED WITH DROPOUT FROM COGNITIVE-BEHAVIORAL THERAPY FOR INSOMNIA IN PARTICIPANTS WITH CO-OCCURRING DEPRESSION: A REPORT FROM THE TRIAD STUDY**
Dietch, J. R., Manber, R., Buysse, D. J., Edinger, J. D., Krystal, A.
OXFORD UNIV PRESS INC.2020: A204
- **THE APNEA AND INSOMNIA RESEARCH (AIR) TRIAL: A PRELIMINARY REPORT**
Edinger, J. D., Manber, R.
OXFORD UNIV PRESS INC.2020: A195
- **COGNITIVE BEHAVIORAL THERAPY FOR PERINATAL INSOMNIA: EFFECTS ON POSTPARTUM DEPRESSIVE SYMPTOMS**
Manber, R., Bei, B., Simpson, N., Rangel, E.
OXFORD UNIV PRESS INC.2020: A204
- **PREDICTORS OF SESSION ATTENDANCE IN A RCT FOR CBT-I FOR PERINATAL INSOMNIA**
Rangel, E., Asarnow, L., Simpson, N., Manber, R.
OXFORD UNIV PRESS INC.2020: A191
- **INSOMNIA SYMPTOM TRAJECTORIES DURING AND FOLLOWING COMBINED TREATMENT FOR INSOMNIA AND DEPRESSION: A REPORT FROM THE TRIAD STUDY**
Atwood, M. E., Dietch, J. R., Buysse, D. J., Edinger, J. D., Krystal, A., Manber, R.
OXFORD UNIV PRESS INC.2020: A206–A207
- **IS IT HAVING A BABY OR ME? DIFFERENTIATING INSOMNIA DISORDER AND SLEEP DISRUPTION FROM PREGNANCY TO 2 YEARS POSTPARTUM**
Quin, N., Lee, J., Pinnington, D. M., Shen, L., Manber, R., Bei, B.
OXFORD UNIV PRESS INC.2020: A176

- **Insomnia and obstetric outcomes**
Lyell, D. J., Simpson, N., Rangel, E., Sit, A., Manber, R.
MOSBY-ELSEVIER.2020: S110–S111
- **Effect of Electroacupuncture vs Sham Treatment on Change in Pain Severity Among Adults With Chronic Low Back Pain: A Randomized Clinical Trial.** *JAMA network open*
Kong, J. T., Puetz, C. n., Tian, L. n., Haynes, I. n., Lee, E. n., Stafford, R. S., Manber, R. n., Mackey, S. n.
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